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SAFETY ZONE

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American Heart Month

Cardiovascular diseases are collectively the number 1 killer of men AND women. These diseases cause a death a minute among females--claiming nearly half a million female lives every year. Deaths caused by heart disease or stroke account for 38% of all deaths in Kentucky in the year 2000.

The American Heart Association has many resources, such as quizzes, recipes, healthy lifestyle tips, etc. designed to increase awareness (www.americanheart.org). Being aware of risk factors such as family history, lifestyle etc. and recognizing the symptoms of a heart attack will give you a head start toward making healthy changes toward prevention.

In addition to achieving and maintaining a healthy body weight by adopting a reduced fat and salt diet, experts also strongly urge you to:

- Y Quit smoking
- Y Exercise regularly
- Y Practice stress reduction techniques

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February 4th is **National Wear Red for Women** day. You may call the AHA at 888-MY-HEART to request a free red dress lapel pin to show your support! Take the on-line quiz, find out your Body Mass Index, and receive a **FREE** cookbook!

www.americanheart.org

Speaking of Safety...



As we begin a new year, we can only stress the importance of incorporating safety into our workday and all aspects of our job. By doing this, we can promote an improved Safety Culture for the Cabinet.

The Safety Culture is established by management and employees and their willingness to encourage safety at all times. Some steps to improve Safety Culture are: having a desired safety behavior: "No one gets hurt;" having a positive attitude towards safety; becoming proactive vs. reactive; being aware; becoming a good "chess player" - thinking several moves in advance of job setup and task; and encouraging employees to find ways to improve operations and methods.

Safety-minded employees are both products *and* producers of a safe work environment. Along with management, sustaining and improving the Safety Culture of the Cabinet can be achieved. As a manager/leader, you can help employees by being a safety coach and establishing accountability for safety performance. You must "lead by example" - others must believe that *you* believe in safety. Managers can recognize safety accomplishments, make safety aspects as important as getting the job done, and proactively pursue improvement. Managers must be involved and committed to advancing the Cabinets safety culture.

Once there was a gymnast that wanted to win the Gold in Munich, 1972. She worked very hard, but came short of winning the gold. She was very upset by not winning after all the preparation and hard work. She ran up into the stands and embraced by her parents, her mother told her these words she will never forget; "Doing your best, is better than being the best." We would like you to know that doing your best is important and you can make a difference!

Thank you for your efforts in safety and keep KYTC moving forward!

Allen Ravenscraft